

FOR IMMEDIATE RELEASE DATE: June 14, 2019	Contact: Tracy Styka
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Mahoning County Public Health is offering a FREE Diabetes Empowerment Education Program

Mahoning County Public Health is sponsoring the Diabetes Empowerment Education Program (DEEP) for individuals with type 1, type 2 diabetes, or pre-diabetes. The program encourages small lifestyle changes while learning about diabetes and the way it affects health. DEEP is an interactive small group workshop that takes place once a week for six weeks.

The following workshops are being offered:

- Mondays from 9:00 AM – 11:00 AM beginning July 8 through August 19 (includes a mid-class break on July 29) at the Davis Family YMCA in Boardman (class is open to the public and YMCA membership is not required)
- Thursday from 6:00 PM – 8:00 PM beginning July 11 through August 15 at Mahoning County Public Health in Austintown

The programs are free, but registration is required. For more information or to register, please call 330-270-2855 ext. 109.

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TAKE CONTROL OF YOUR HEALTH

Diabetes

Workshop Schedule

Davis Family YMCA

45 McClurg Road
Boardman, OH 44512

Begins Monday,
July 8, 2019
9:00 AM to 11:00 AM

Workshop consists of 6 weekly sessions ending on August 19, 2019 (mid-class break on July 29).

Call 330-270-2855, extension 109 for more information or to register for the free workshop!



**MAHONING COUNTY
PUBLIC HEALTH**
PREVENT · PROMOTE · PROTECT

Mahoning County Public Health
50 Westchester Drive
Austintown, OH 44515
info@mahoninghealth.org



The Diabetes Empowerment Education Program (DEEP) is for individuals with type 1 or type 2 diabetes, or pre-diabetes. The program encourages small lifestyle changes while learning about diabetes and the way it affects health. DEEP consists of six interactive 2-hour small group sessions which allow you to have fun with others while learning how to self-manage diabetes.

The workshop is for you if you:

- Have diabetes or pre-diabetes
- Are 60 years of age or older
- Have Medicare or Medicare/Medicaid

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